

Serial No. 1153(x)

Roll No.....

**MASTER OF PHYSICAL EDUCATION
(M.P.Ed.) SEMESTER-II-2018**

**Paper: MPE-803 (x): Game of Specialization
Judo**

Time: 3 Hrs.

Maximum Marks: 50

(Write your Roll No. on the top right side immediately on receipt of this question paper)

Note: Attempt any FIVE questions. All question carry equal marks.

- Q.1. Explain the Principles of training load and various training methods applicable to Judo. 10
- Q.2. Write on the main causes, symptoms and management of overload. 10
- Q.3. Give an outline of selected scientific research reviews on Judo. 10
- Q.4. Discuss with examples about long term and short term planning for Judo Performance. 10
- Q.5. Write a note on tactical efficiency for Judo performance. 10
- Q.6. Prepare a training schedule for Judo Players for competition session. 10
- Q.7. Prepare a teaching lesson-plan for Judo class. 10
- Q.8. Write an essay on means, methods and process of Classroom teaching. 10